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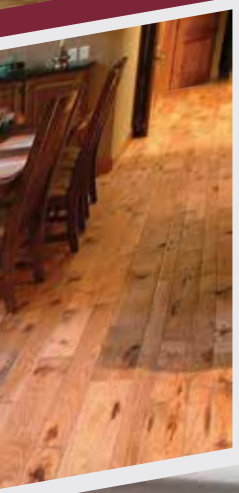

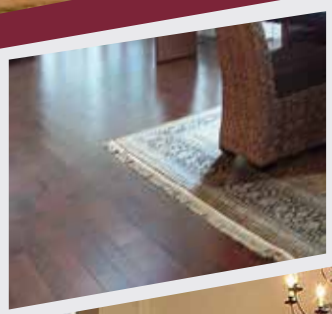
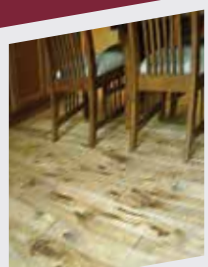

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letter from the publishers

The Simple Life

Summer is the perfect time to simply daydream and just be. I love its essence—including sunshiny hot days with an occasional cool lake breeze to fill our sails; an abundance of garden-fresh salads packed with local, seasonal ingredients; bathing suits and garden gloves drying on the line; no need for socks; the warm ground welcoming bare feet; long evening walks accompanied by fireflies and crickets; and wide-open windows helping to recharge our batteries and remind us of the expansiveness of nature.

Each new day offers the fresh opportunity to change our trajectory, individually and collectively. The actions we take to care for our bodies are also an important step in reconnecting to Mother Earth and her ecosystem. The human gut microbiome, critical to fighting off disease, and soil microbiome, which enables plant growth, are vitally intertwined to maintain life on the planet.

As agriculture and food take center stage this month, our feature story outlines how important regenerative organic farming practices are for developing robust soil rich in nutrients and beneficial microbes. With this improved soil health comes increased water retention, less soil erosion and a higher volume of healthier crops. Plus, farmers don't need to use chemicals, because the microbiome creates disease-resistant soil to fight off threats. By imitating natural systems (biomimicry), planting diverse crops and avoiding toxic chemicals, we can create a better food system that benefits the environment today, as well as for future generations to come. It's a win-win situation.

But mainstream food systems everywhere are undergoing major changes in quality and accountability, largely because of an industrial agriculture and commercial food system that ships food, in or out of season, to places hundreds or thousands of miles away. While the need for a shift to regenerative practices is the obvious answer, support from consumers is key to tipping the scales. We urge you to vote with your dollars, because actions like supporting local farmers and markets that stock local, sustainably grown food do set trends and tell the market what is good for business and what is not.

Food also has such a special way of bringing families together. We find that cooking and taking the time to savor meals as a family makes for a natural slowdown, another joyful simplicity of the season. If the dog days of summer eventually lead to boredom and over-snacking, consider creatively offering up healthy, diverse foods, presented in ways to please even the most finicky palates. Our Healthy Kids department offers up ways that parents can support microbiome health while establishing a lifetime of good eating habits with many helpful tips and tasty recipes.

As the lazy days of the season glide by, we hope you will take some time to ponder the ways even one small choice you make today could have a positive impact on your own health and the longevity of our planet. Ultimately, connecting these daily decisions and actions to a larger and greater good can help us feel better and be in control of our lives, meaning we're happier and healthier, too. It's that simple.

For the love of freedom, simplicity and happy healthy summering,

Trina & John

Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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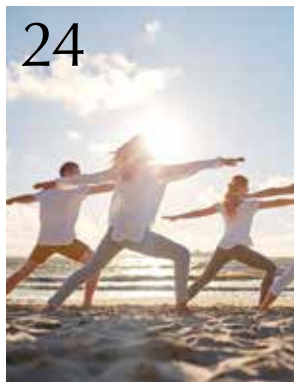

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news briefs

Women's Yoga Retreat in Jamaica

Ida Pearl Lee, owner of Paradise Yoga and Retreats, will conduct a Women's Holistic Yoga Retreat in Zion Country, Jamaica, from November 5 through 10 for self-care, relaxation, mental and emotional well-being, stress reduction, connection and community, along with detoxification and cleansing. Highlights include yoga, clairvoyant reiki, nutrition and health coaching, ganja and psilocybin micro-dosing ceremonies (optional). Limited to 10 women.

Lee is a certified yoga instructor and reiki practitioner, recognizing the profile connection between mind, body and spirit. She shares her expertise by offering transformative women's healing retreats in Jamaica, providing a nurturing environment for women to relax, rejuvenate and embark on their own healing journeys.

As the deputy director of the Michigan Cannabis Industry Association, she advocates for the rights of well-being and medical marijuana patients, working closely with lawmakers, industry professionals and community members to ensure safe and responsible access to cannabis-based treatments.

Cost is $1,100 ($625 non-refundable deposit due Aug. 1, $475 final payment due Sep. 1 via cash, Zelle or Venmo. For more information, call 810-938-0281, email IdaLee428@gmail.com or find Paradise Yoga and Retreats on Facebook. See ad page 15.

Safe and Sacred Plant-Based Healing

Michaelene Ruhl, Psy.D., is providing a Sacred Immersion Training for the third year comprising three days online and five days in person to learn, build community and connect with plant-spirit medicine. She describes it as "an immersive experience for healing practitioners ready to include safe and sacred, transformational, plant-spirit medicine therapy in their repertoire. We are looking forward to sharing this safe and sacred space with you so that you may share it with others."

Zoom dates include a meet & greet from 6 to 7:30 p.m., September 29; Learning Days from 10 a.m. to 3 p.m., October 4, 5 and 6; and cohort supervision on November 17, December 15 and January 19, 2024. In-person retreat-style dates are 10 a.m., October 18 through 3 p.m., October 22.

"The sacredness of things often gets forgotten, put aside, dismissed or capitalism takes a front seat," shares Ruhl. "For me, this is a travesty, and one of the reasons I wanted to create a training program for others who would like to do this healing work."

Tuition is $6,750 with a $2,750 deposit. Payment plans available. Location: 28592 Orchard Lake Rd., Ste. 360, Farmington Hills. For more information, email Michaelene@ConstellationHealingArts.com or visit ConstellationHealingArts.com/sacred-immersion-training. See ad page 24.

WhiteCrow Releases Book, Leads Workshop

Barbra WhiteCrow

Barbra WhiteCrow, owner of Mother Bear Sanctuary Pinckney, will release a new book, *Trauma Can Be the Fertilizer To Your Bloom: They Tried To Bury Us, But They Forgot We Are Seeds,* on August 8, which includes a free, online, three-week, live workshop on how nature heals trauma from 7 to 8:30 p.m., August 14 to 28.

She says, "The dream is that you use this book to metabolize the trauma, step into your true powerful self and be a living demonstration of what is possible. Everyone can be a lighthouse, and everyone has a purpose. After working with hundreds of people, I know this to be a fact. If someone is just a tiny bit willing to grow, a tiny bit willing to be kind to themselves and a tiny bit willing to face the hard stuff, the harmonizing principle, nature, grace, also known as the divine, will handle the details."

WhiteCrow describes trauma as any pain that we do not have the tools, safety or support at the time to heal. "This pain got stuck in your body and psyche."

For more info, email FertilizerToYourBloom@gmail.com. See ad page 30.

The Four Agreements Mission

The Four Agreements, a book by Miguel Ruiz, has changed the lives of millions. A nonprofit is forming to distribute them in public places throughout Washtenaw County and Southeast Michigan.

The Four Agreements is a book on ancient Toltec wisdom and how to implement it in today's busy, fast, and ever-changing world. The Four Agreements are: Be Impeccable With Your Word, Don't Take Anything Personally, Don't Make Assumptions, and Always Do Your Best.

The book offers a code of conduct claiming to be based on ancient Toltec wisdom that advocates freedom from self-limiting beliefs that may cause suffering and limitation in a person's life.

For more information, email RobSull2016@gmail.com.

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This is the Big One

2023 Ann Arbor Art Fair, a tradition since 1960, will take place along 30 blocks in downtown Ann Arbor from July 20 to 22. The Midwest extravaganza that draws as many as 500,000 attendees as the largest juried art fair in the nation can feature up to 1,000 artists. There will be music, delicious food and something for everyone to enjoy.

Organized by the nonprofit Ann Arbor Guild of Artists & Artisans and the city of Ann Arbor, the fair comprises three concurrent nonprofit art fairs: Ann Arbor Street Art Fair, Ann Arbor Summer Art Fair and Ann Arbor State Street Art Fair.

The artists specialize in painting, photography, ceramics, fiber, jewelry, sculpture and more. In addition to browsing the art, fairgoers can enjoy sidewalk sales at local businesses and patio dining at downtown restaurants.

For more information, visit ArtFair.org, StateStreetDistrict.org/fair and TheGuild.org/fair/ann-arbor-art-fair.

Learn About Community Resilience

The city of Ann Arbor Office of Emergency Management and The Office of Sustainability and Innovation will present a discussion focused on building a more resilient Ann Arbor and collaboratively form a vision of what a resilience network could look like in our community from 9 to 11 a.m., July 27, at Cobblestone Farm.

Sustainability and Innovations Director Missy Stults, Ph.D., says, "In the Office of Sustainability and Innovations, we view resilience as the ability to bounce forward, not backwards. This definition acknowledges that the world is continually changing in many ways—climate change, social justice, economics and more. As such, bouncing back is not sufficient. Instead, we must build the ability of our residents, neighborhoods, ecosystems and processes to bounce forward and remain flexible."

Admission is free. Location: 2781 Packard St., Ann Arbor. To make a reservation (required), visit Tinyurl.com/CommunityResilience Network. For more information, visit a2gov.org and Resilience-Hub.org.

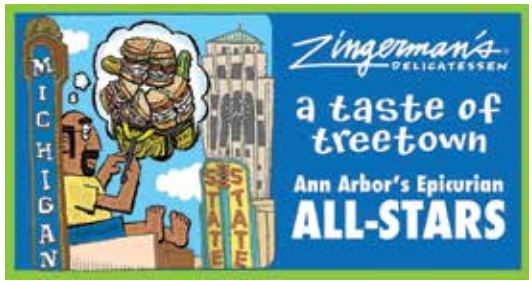
Crazy Wisdom Bookstore Evolves

Serving the community for 40 years, Crazy Wisdom Bookstore is reopening soon after closing for a sabbatical on February 15, 2022. They are searching for a full-time manager to spearhead a transformation focused on using on the second floor primarily as a community event space to host events such as meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, salon nights, music nights, drum circles, meditation gatherings and other events it has fostered and hosted over its decades of serving the community.

Owners Bill Zirinsky and Ruth Schekter say, "There will also be a smaller and more focused bookshop located on a portion of the first floor. The reimagined Crazy Wisdom will have significantly reduced hours of operation of 30 hours a week, spread out over four days."

Location: 114 S. Main St., Ann Arbor. For more information, call 734-665-2757. To apply for the job, visit CrazyWisdomJournal.com.

Taste of Treetown Deli Party



Zingerman's Delicatessen will host A Taste of Treetown: Ann Arbor's Epicurean All-Stars, from 5:30 to 6:30 p.m., July 21, featuring some of the best, traditionally made and fullest-flavored foods that helped put Ann Arbor on the map of global culinary shrines. They include Clancy's Fancy Hot Sauce, Tracklement's smoked salmon, The Brinery's Oh Gee Kimchi, Zingerman's Creamery Pimento Cheese, Ann Arbor Tortilla Factory chips and more.

The event includes a wealth of information and an evening of great conversation with deli events assistant Connor Valone; an appetizer-like tasting menu that includes a smattering of information about Ann Arbor's food scene and the items they are tasting; non-alcoholic beverages; and a 20 percent-off coupon to shop the specialty foods grocery area after the tasting.

Owned by Paul Saginaw and Ari Weinzweig in a historic building near the Ann Arbor Farmers Market, Zingerman's is known for serving made-to-order deli sandwiches with ingredients like premium Black Angus corned beef and pastrami, free-range chicken and turkey, house-made chopped liver and chicken salad.

For more information, call 734-663-3354, email DeliEvents@Zingermans.com or visit ZingermansDeli.com.

Michigan Factory Farm Growth Out of Control

Factory farms are a growing problem in Michigan. The number of factory farms, also known as CAFOs (Concentrated Animal Feeding Operations) in our state has more than quadrupled between 1997 and 2017. Michigan is now home to nearly 300 CAFOs.

A single, large CAFO produces one-and-a-half times more untreated waste than the human sanitary waste produced by the cities of Ann Arbor, Dearborn, Detroit, Flint, Grand Rapids, Kalamazoo, Lansing, Saginaw, Traverse City and Warren combined.

Because of weak regulation, these CAFOS are allowed to spread 400 million tons of solid manure and 4 billion gallons of raw, untreated liquid animal feces and urine—5,000 to 7,000 gallons per acre—on 600,000 acres across Michigan. This waste is contaminating our rivers, streams and lakes. CAFOs are why Lake Erie now turns green with toxic algal blooms every summer and *E. coli* contamination is widespread in our waterways.

CAFOs are heavily subsidized by the federal government, and the powerful agribusiness lobbies in Lansing and Washington, D. C., have made it very hard for smaller farms to compete.

The conditions for the animals on CAFOs are indefensible. For example, factory-farmed female pigs, while pregnant, are stuffed in tiny gestation crates, unable to turn around. These pigs will never be able to lie down comfortably over the course of their entire lives.

It has been found that 80 percent of pigs have pneumonia upon slaughter. This is because they spend their whole lives breathing in the dangerous gases produced by the waste generated by so many animals in a confined and concentrated area. Pigs on factory farms never get to spend time outside or see the sun, except immediately before slaughter.

This is just a small sample of the horrors of the pig industry. The other industries are equally cruel. When consumers buy food from these heavily subsidized factory farms, they are supporting the continuation of these practices.

Michiganders for a Just Farming System is a grassroots coalition working to address factory farming and the harmful impacts it has on small family farmers, communities, farm animals, the climate and the natural resources of Michigan.

To take action or find out more information, visit JustFarmingSystem.com. See ad this page.

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Close Relationships May Influence Physical Well-Being

A new study published in *Social Psychological and Personality Science* has found that a person's close relationships may either benefit or undermine physical health. The three-week study involving 4,005 participants looked at how both positive and negative relationship experiences affect the body, and how daily fluctuations in those interactions may influence changes in well-being, as reflected in self-reported stress levels and coping abilities, as well as blood pressure and heart rate reactivity biomarkers.

The researchers observed that people with more positive experiences and fewer negative ones reported lower stress, improved coping skills and better physical functioning. They also noted that ups and downs in negative relationships were especially predictive of overall systolic blood pressure.

Seniors Want Fewer Prescriptions

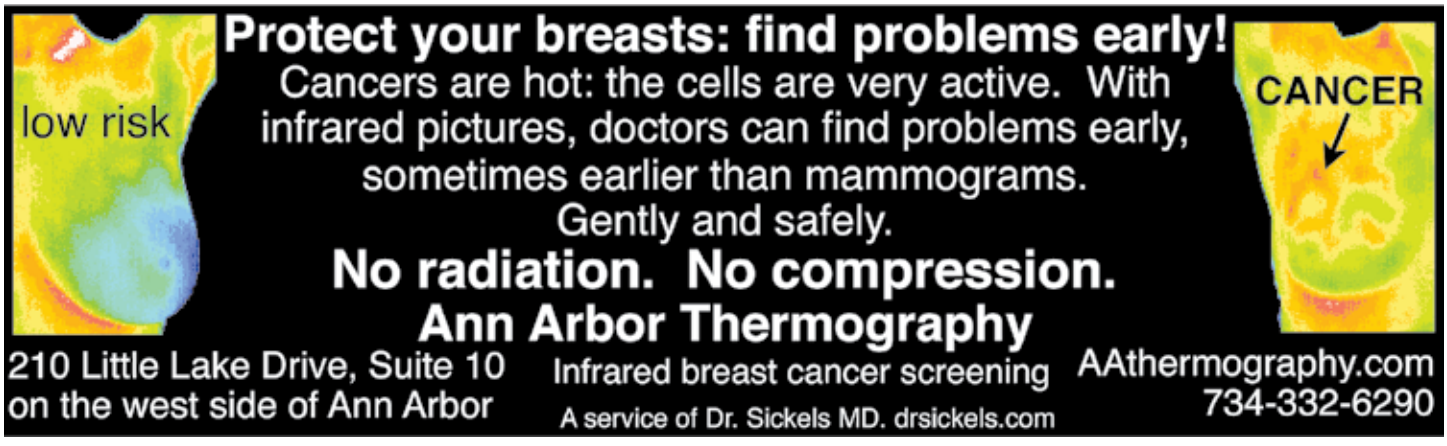
In a new National Poll on Healthy Aging by the University of Michigan involving adults aged 50 to 80, the vast majority of respondents expressed an interest in cutting back on prescription medications. Eighty percent would be willing to stop taking one or more drugs if their healthcare provider said it was possible, and 26 percent had already stopped taking at least one drug they had been taking for more than a year. When asked which meds they would be most interested in stopping, 43 percent named their heart disease pills for high blood pressure or high cholesterol, 13 percent mentioned diabetes medicines and 10 percent included pain management prescriptions.

These results reflect a growing trend dubbed "deprescribing". According to *Deprescribing.org*, a researcher-led online resource, it is the planned process of reducing or stopping medications that may no longer be of benefit or could be causing harm. The goal is to reduce medication burden or harm while improving quality of life. Seniors interested in cutting down on the drugs they are taking should consult their healthcare provider to ensure it is safe and helpful to do so.

Mislabeled Melatonin Gummies

New research published in *JAMA Network* found that melatonin gummies may contain far more of the dietary sleep aid supplement than what is indicated on the label. Researchers from Cambridge Health Alliance and the University of Mississippi analyzed 25 different melatonin gummies and found that 22 contained a greater amount of melatonin than stated on the label. One product contained only three-quarters of the amount advertised on the label, another contained 347 percent more than what was listed, and one product contained no detectable melatonin.

These concerns come on the heels of a 2022 report by the U.S. Centers for Disease Control and Prevention, which found a 530 percent increase in the number of accidental pediatric ingestions of melatonin reported to U.S. poison control centers over the last decade, resulting in 27,795 emergency department and clinic visits, 4,097 hospitalizations, 287 intensive care unit admissions and two deaths. Most ingestions were unintentional (94.3 percent). Among those children with reported symptoms from accidental melatonin ingestion, most involved the gastrointestinal, cardiovascular or central nervous systems.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Pilot Program Reveals Benefits of Four-Day Work Week

The nonprofit 4 Day Week Global conducted a six-month pilot of more than 2,900 workers from 61 companies in the United Kingdom from June to December 2022 in which the work week was reduced from a standard 40 hours to 32 hours for the same pay and benefits. At the end of the six-month trial, 39 percent of employees reported less stress and 71 percent expressed lower levels of burnout. Anxiety, fatigue and sleep issues also decreased, while mental and physical health improved. Sixty percent found a greater ability to balance work with home-based responsibilities, and 62 percent found it easier to balance work with social life. Employees were also more satisfied with their finances, relationships and time management.

Company revenue stayed broadly the same over the trial period, rising by 1.4 percent on average. Companies also saw improvements in hiring, absenteeism and resignations, with staff turnover dropping by 57 percent over the trial period. Additionally, 63 percent of businesses offering a four-day week found it easier to attract and retain new talent.

Effects of Cannabis Use Before and After Surgery

In January 2023, the American Society of Regional Anesthesia and Pain Medicine published guidelines recommending that all patients undergoing anesthesia be screened and questioned about cannabis use, including how much and how often they use, how they take it and when they last used it.

One of the largest studies on the effects of cannabis use on sedation, published in the *Journal of Osteopathic Medicine*, looked at 250 patients undergoing an endoscopy while under anesthesia. Those that reported regular cannabis use required significantly higher doses of anesthesia than nonusers. Another study, published in the journal *PLOS ONE*, found that daily cannabis users required a higher dose of sedatives prior to an endoscopy than weekly or monthly users.

On a related note, a 2018 study published in the journal *Patient Safety in Surgery* reported that marijuana use may interfere with painkillers after surgery. The study looked at 261 trauma center patients and concluded that marijuana use, especially chronic use, may affect the pain response to injury and require higher doses of opioids for pain management.

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Natural Ant Control for the Home

The warmer weather can bring unwanted pests, including ants, into homes and apartments. Conventional pesticides and ant traps can be toxic to humans, pets and the environment. This season, consider using one of these safer ant-control alternatives.

KEEP COUNTERS CLEAN

First and foremost, maintain kitchen counters and floors free of food particles. Tightly seal food containers, wipe countertops with soapy water, sweep the floors and avoid leaving standing water overnight. If there are no food sources around, the ants will lose interest.

STOP ENTRY INTO THE HOME

After cleaning, the next line of defense is to keep ants from entering the home in the first place. One of the most effective, toxin-free methods is to spray cedar oil outside, around the perimeter of the house. Mix one ounce of cedar oil in one quart of water (or four ounces per gallon) and spray the solution three feet up the outside walls and on the ground, six feet out from the edges of the house.

USE NATURAL REPELLENTS

Numerous natural repellents work well inside the home. Place one or more of these in the kitchen or wherever the ants are entering: cucumber peels or slices; tea bags of mint tea or dry, crushed mint leaves; cloves; cayenne pepper; citrus oil soaked into a piece of string; lemon juice; cinnamon; or coffee grounds.

CONFUSE ANTS TRAVELING BACK TO THE NEST

As worker ants travel from their nest to forage for food, they leave a sex hormone (pheromone) scent in order to find their way back to the nest. These invisible trails can be washed away with a mixture of one-quarter cup of white vinegar, two cups of water, and 10 to 15 drops of peppermint, clove, eucalyptus or tea tree essential oil.

USE NATURAL ANT KILLERS AS LAST RESORT

A serious ant problem might require more drastic measures that kill the invading ants. These two options employ non-toxic ingredients.

- **Diatomaceous earth** is a non-toxic, talc-like powder made from the fossilized remains of marine phytoplankton. When sprinkled on ants, the powder causes them to dehydrate.
- **Cornmeal** left out in small piles where ants are visible is another option that poses no threat to pets or little kids. The ants will eat the cornmeal, but because they can't digest it, they will perish.

Wycoff Wellness Uses Cutting-Edge Techniques

Seeing weight, obesity and insulin resistance as the leading health issue in the U.S., John O. Wycoff, DO, owner of Wycoff Wellness, advises, "Learn how to take charge of your health, take even small steps today to improve your health and learn what supplements are critical for your health and wellness. There is a difference between being efficient and effective. Try to be efficient, but most importantly, strive to be effective."

He grew up in rural Iowa as a farm boy, and shares, "A hard work ethic and solid values were instilled in me by my parents. Love of family and country have guided me through my life. I have a loving spouse, three great daughters and four amazing grandchildren." His influences and mentors include Dr. Mark Hyman, Dr. Thomas O'Bryan, Dr. Steve Hotze, Dr. Tsu-Tsair Chi and many more that helped form the foundation of Wycoff's integrative medical practice.

He is not only a doctor of osteopathic medicine, but is also board-certified in family medicine, a past chief of staff of St. Lawrence and Sparrow Hospital, and active with a number of professional organizations to keep up to date on cutting-edge therapies that help improve patients' life naturally. His practice specializes in wellness, health, appearance and supplements.

Dr. John O. Wycoff

Wycoff says, "Early in my professional career, I found that conventional medicine struggled to find solutions for chronic health conditions. While I could treat an acute myocardial infarction or a fractured leg, I had very few tools to treat ongoing issues like obesity, diabetes, chronic fatigue, depression, anxiety, cancer or autoimmune illnesses. I needed to learn a new approach that integrated my traditional medical training and learn the importance of diet, nutrients, toxins and ways to address these issues naturally."

He states, "I love teaching patients to take charge of their health and improve their wellness naturally. Everyone I see has the ability to improve their health starting today if they are taught the tools to do so."

Their Summer Sale Extravaganza during July includes 20 percent off all high-quality supplements and 20 percent off all treatment packages, including UBI ozone and IV nutrient infusions, Ozempic weight loss (guaranteed results), chelation, colon hydrotherapy, Verju body contouring laser (and cellulite removal) and far-infrared sauna.

Wycoff welcomes Dr. Tsu-Tsair Chi back for individual fingernail and tongue analysis appointments from September 11 to 14. This will be his only stop in Michigan this year. Chi will also host a free seminar on fingernail and tongue analysis from 6 to 8 p.m., September 12. Appointments and seminar seating are limited.

Wycoff Wellness is located at 1226 Michigan Ave., in East Lansing. For appointments, ordering and more information, call 517-333-7270 or 800-471-0255 or visit Wycoff Wellness.com.

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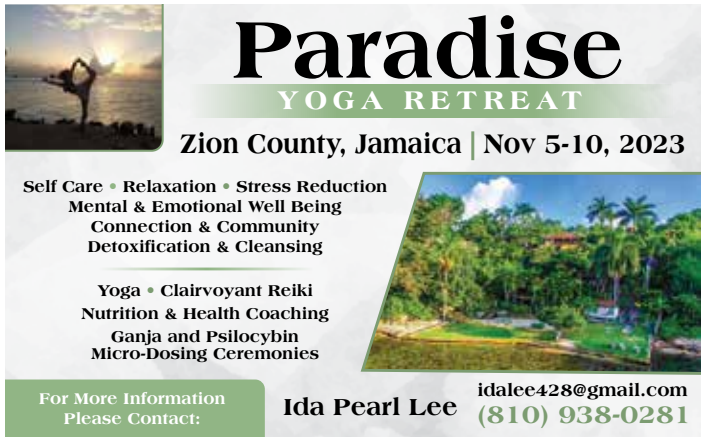


THE MICROBIOME CONNECTION

HOW SOIL AND HUMAN HEALTH ARE RELATED

by Kelcie Ottoes

The human gut microbiome, which is critical to fighting off disease, and soil microbiome, which enables plant growth, are vitally important to maintaining all life on our planet. These two communities of microorganisms are indirectly connected in important ways, and researchers are trying to find out more about their interplay.

Human Microbiome

The human gut microbiome consists of trillions of microorganisms of different species. These microbes help to digest food, synthesize vitamins and other important compounds, regulate our immune system and even influence behavior and mood.

The gut microbiome includes both helpful and potentially harmful microbiota that coexist peacefully in a healthy person. But certain diets, or the use of antibiotics or other bacteria-destroying medications, can upset the balance, a state known as dysbiosis, which can impair the microbiome's functions, leaving the body susceptible to disease.

Soil Microbiome

The soil microbiome has many parallels to the human gut scenario. It consists of bacteria, fungi, archaea and viruses—microorganisms that play an important role in maintaining the health of the soil. They do this by breaking down organic matter, cycling nutrients and protecting crops against harmful pathogens.

Regenerative organic farming practices that promote biodiversity and disdain the use of chemical pesticides and fertilizers develop robust soil that is rich in nutrients and beneficial microbes. In such settings, farmers don't need to use chemicals, because the microbiome creates disease-resistant soil to fight off threats.

The Nutrition Link

While a direct link between the soil microbiome and the gut microbiome has yet to be proven, soil certainly impacts our health through our diet. A diverse and active saoil microbiome is responsible for supporting plant growth. Plants then provide us with the nutrients that our gut microbiome needs to thrive, including calcium, magnesium, and vitamins A, C, E, K and the B complex.

Dan Kittredge, founder of The Bionutrient Institute, explains, "The sophistication of the soil microbiome is connected to the nutritional value of the food that's produced. The healthier the [soil] microbiome, the healthier the food." The use of fertilizers and pesticides does not directly produce less nutritious food, but rather their impact on the health of the soil microbiome can impact the crops' nutritional value.

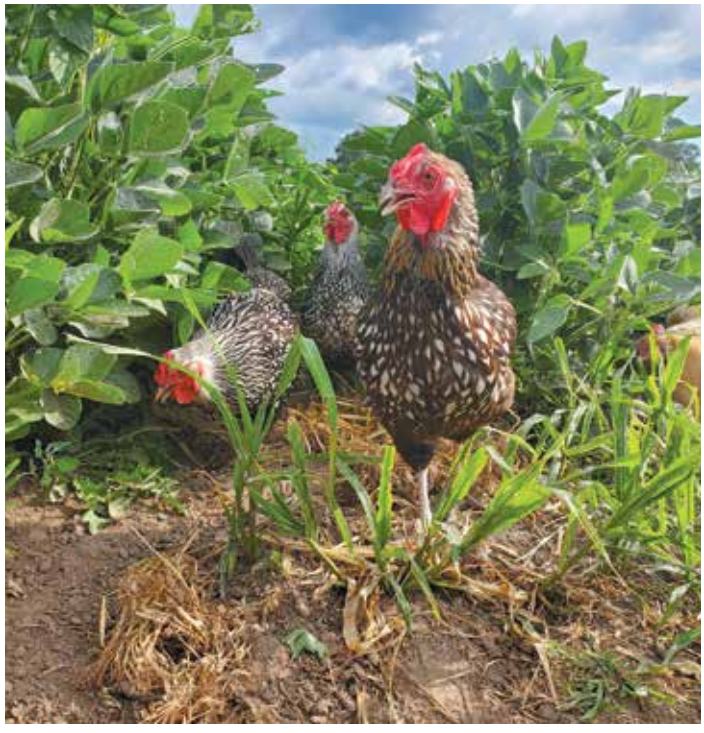
There is a hypothesis that food has become less nutritious since the mid-1900s. In a 2004 study, University of Texas scientists examined the nutritional value of 43 garden crops from 1950 to 1999 and found that while all 43 foods showed a statistically reliable decline in nutrition, it was likely due to cultivating plants with desired traits, such as larger sizes, faster growing rates and increased pest resistance. It wasn't the soil that was the problem, but that growers had not prioritized breeding crops for higher nutritional value.

According to Jack Gilbert, a pediatrics professor at the University of California San Diego and co-founder of the Earth Micro

The Promise of Regenerative Organic Agriculture

Led by the Regenerative Organic Alliance, which includes organizations and brands like Rodale Institute, Dr. Bronner's and Patagonia, the Regenerative Organic Certified farms and products meet the highest standards in the world for soil health, animal welfare, and farmworker fairness. The idea is to create farm systems that work in harmony with nature to improve quality of life for every creature involved. The Regenerative Organic Certified framework is designed to go above and beyond the USDA Certified Organic seal. To date, 134 farms and more than 47,000 smallholder farmers totaling almost 880,000 acres are Regenerative Organic Certified. Nearly 100 brands offer Regenerative Organic Certified products on the market.

Under Regenerative Organic Certified standards, soil health is promoted by including a variety of rotating crops, cover crops, no tillage, no synthetic inputs, no genetically modified seeds and rotationally grazed animals. Farms that follow these protocols become biodiverse ecosystems with organically rich soil that absorbs water, does not erode over time and produces safe, nutritious food. Learn more at *RegenOrganic.org*.



biome Project and the American Gut Project, "There is an indirect relationship between a healthy soil microbiome and healthy gut microbiome. While we need healthy soils to grow plants, a healthy soil microbiome does not equal a healthy gut microbiome."

He explains, "The link is really about diet in the gut microbiome. Precision nutrition is the idea that how we all respond to food is unique, and that we can predict those responses if we understand what kinds of bacteria are in the gut. This is because the gut microbiome varies between people, and those same gut microbes can mediate how food influences our physiology. Eating a healthy diet can have a profound impact on reducing the risk of developing chronic diseases."

The nutritional value of food is more complicated than the quality of the soil in which the crops grow. It is also impacted by the processing of the food. As Kittredge notes, when the bran in wheat is removed—a common process that turns flour white—wheat loses much of its nutritional value. Unprocessed foods allow us to access more of the nutrients within them.

Digging in the Soil

There is another way that soil microbes can benefit human health: spending time in nature. Exposure to the soil microbiome has been shown to stimulate the immune system. When outside, we are exposed to a diverse array of microorganisms that increase disease resistance and provide neurological benefits.

Gilbert has largely built a career on the benefits of getting his hands dirty. He is currently conducting a study to find out how giving children two hours of outdoor learning a day can impact their metabolic health and help them avoid diseases. According to Kittredge, playing in the dirt isn't just for kids. "It is beneficial to expose ourselves to soil microbes," he says. "Everyone should nature bathe."

"Exposure to soil microbes, like *Mycobacterium vaccae*, can positively impact our physical and mental health," says Kathleen DiChiara, a Functional Diagnostic Nutrition practitioner and digestive wellness educator. "We are losing diversity and not getting the exposure we used to." She points out that the gut microbiomes of urban citizens in the U.S. have lower bacterial diversity than those in rural societies, including hunter-gatherers from Tanzania and the Amazon.

While diet, lifestyle and genetics play a role in the host-specific differences, the microbiome composition in adults is also based on exposure to microbes in the environment. According to DiChiara, there is no perfect profile for the gut microbiome, and our gut microbial communities ebb and flow. "If a specific strain of bacteria suddenly disappears, perhaps due to an illness, another species can take on its task," she explains. "Like nature, it's about working together on our behalf."

Diversity, richness and symbiotic behavior of the gut microbes are central to our well-being. DiChiara notes that many variables can negatively impact the gut microbiome. Some result from the choices we make voluntarily, such as smoking, drinking too much alcohol, eating ultra-processed foods, being chronically stressed and leading a sedentary lifestyle. Other factors are beyond our control, such as neurological injuries, illnesses and hormonal shifts due to puberty or menopause.

Human Impact on Soil Health

The soil microbiome and the gut microbiome both need our support to maintain proper health. Although our gut microbiome may not be directly impacted by the health of soil microbes, it can be impacted by the pesticides, herbicides and fungicides in our food.

Degradation of the soil microbiome occurs in many ways. Tillage, bare soil, dry soil, fertilizer, chemical sprays and fungicides all harm the soil microbiome. These non-regenerative agricultural practices can have negative impacts on the health of individuals that eat the plants and on the health of the broader ecosystems.

Chemicals like glyphosate can damage the gut microbiome by creating oxidative stress, which agitates the microbiome and impedes its ability to function properly. Pesticides can also have a detrimental impact on the gut microbiome. Each year the United States uses 1 billion pounds of pesticides that may be damaging our bodies when we eat our veggies. "What we are not doing is prioritizing protecting the microbiome—for us and the soil. It's time we recognize the interconnections between climate, soil and the gut," DiChiara says.

There are multiple ways we can cultivate a closer, healthier relationship between our soil and our gut, such as supporting sustainable agriculture, avoiding processed foods, frequenting farmers markets for organic produce or spending time in nature. Better yet, Kittredge suggests planting a pesticide-free garden at home and eating carrots straight from the soil.

Kelcie Ottoes is a copywriter and content creator specializing in sustainability and environmental topics.

Anne Biklé
ON THE ADVANTAGES OF REGENERATIVE FARMING

by Linda Sechrist

Anne Biklé and David R. Montgomery, a husband and wife team, collaborated to write *What Your Food Ate: How to Heal Our Land* and *Reclaim Our Health.* A biologist, environmental planner and gardener extraordinaire, Biklé earned degrees in biology and natural history from the University of California (UC) Santa Cruz and a master's degree in landscape architecture from UC Berkeley. She uses her endless fascination with the natural world to explore the tangled relationships between people and their environments. She also helped Montgomery, a professor of Earth and space sciences at the University of Washington, research and write *The Hidden Half of Nature: The Microbial Roots of Life and Health,* as well as *Growing a Revolution: Bringing Our Soil Back to Life.* Exploring the connection between soil health and human health, the duo shows us how the roots of our good health begin on farms.

Why did you write this book? It was a case of evolution, a progression of our research and thinking, as well as the culmination of a journey that we've been on, looking into how soils affect human societies. When you're a writer and you're constantly looking for connections and patterns, this is what can happen. When David was writing *Dirt: The Erosion of Civilizations,* he discovered that how we treated the land in the past shaped the way that the land was able to treat the descendants of people. In other words, if you don't take care of your land, it doesn't take care of you.

What effects do soil erosion and degradation have on our food supply? In looking at the UN's "Status of the World's Soil Resources" from 2015, the study concludes that 33 percent of the Earth's soils are already degraded, and we're losing about 0.3 percent of our ability to feed ourselves—to grow food on this planet every year—due to soil erosion and soil degradation. That doesn't sound like a big number in any one year, but adding it up over the rest of this century, it comes to 30 percent of our ability to feed ourselves. Adding to this is the serious degradation of the world's agricultural land from long-term farming practices, such as tilling or plowing, which is the villain in what is becoming a significant planetary problem that can be reversed with regenerative farming practices.

The plow is one of the more destructive implements that mankind has ever invented despite its ability to help feed us in the past. It contributes to soil degradation and erosion because it fundamentally alters the balance between how fast soils are being made and how fast they're being lost.

What are the benefits of regenerative farming practices? Regenerative agriculture uses less fertilizer, less pesticide and less fossil fuel. It also increases the carbon content in the soil. Carbon-rich soil retains more water and contains more life, such as whole new worlds of microbial metabolites [the energy and nutrients needed to live and reproduce] that come from soil microbes.

Do farming practices influence the health of crops and human health? Conventional farming practices use synthetic nitrogen, which degrades organic soil matter and alters the communities of life in the soil. In studies of organic versus conventional, we've found that there's almost always evidence that there are differences in micronutrients and phytochemicals, with organic crops having higher levels of both. Micronutrients are the vitamins and minerals that we need in trace amounts for our health—for example, selenium, boron, zinc and iron—which we need just a little bit of, but that little bit has an oversized effect on our health.

Conventional crops almost always have higher levels of pesticides and heavy metals. There's a lot of controversy scientifically about how much is enough to affect human health. The companies that make pesticides assure us that the levels in food are perfectly safe. But there are now scientists who are starting to investigate chronic exposure to even small amounts over a whole lifetime. How much does that influence our health? We think there are reasons to keep asking those questions.

It is highly suggestive that the idea of a connection between soil health, crop health and animal health translates into what's in our food. If we're getting more vitamins, phytochemicals and mineral micronutrients, which are shown to support health, you can make the argument that these regeneratively grown foods are probably healthier for us to eat.

What influence do farming practices have on livestock and human health? The nature of what ruminants eat greatly influences the nature of the fats that are in meat and dairy. Livestock grazing on leafy green plants are getting an omega-3-rich diet. Ruminants that eat predominantly seed- or seed oil-derived rations in a feed lot are getting a mainly omega-6-derived diet. Omega-6 fats help trigger inflammation. We want our bodies to be able to trigger inflammation when we need it, but we also want it to turn off when it's done. Inflammation is not a process that just stops, so we need omega-3 fats, which are central to the process of terminating or quelling inflammation.

Linda Sechrist has been a contributing writer to Natural Awakenings *publications for 20 years.*

Hues of Health

BENEFITS OF A COLORFUL DIET

by Veronica Hinke

Eating plant-based foods from every hue in the rainbow provides an exceptional array of health benefits. Rich in essential vitamins, minerals and fiber, vibrantly colored fruits and vegetables also contain phytonutrients such as antioxidants, flavonoids, carotenoids and polyphenols that contribute to the color, flavor and aroma of such foods. There are thousands of phytonutrients and, according to a 2022 review of clinical studies published in *Nutrients*, these natural chemical compounds "play an important role in the prevention of serious chronic diseases such as diabetes, obesity and hypertension, along with different types of cancer or degenerative diseases."

From a culinary perspective, colorful, plant-based foods add pops of color and flavor to a dish, and simple techniques can transform uber-nutritious fruits and veggies into crave-worthy delights. From tasty spreads and luscious dressings to pungent pickling recipes and rich soups, eating the rainbow can be a scrumptious and sustainable everyday lifestyle.

Keeping a medley of wholesome choices in the house is a good tactic to help a family adopt a rainbow-based diet. According to Registered Dietitian Olga Kras, "Not any single fruit or vegetable provides all of the nutrients we need. Making a variety of colors of fruits and vegetables visible increases the likelihood that they will be part of a daily routine."

When her children were younger, instead of giving them sugary treats, she would cut fruits and vegetables into shapes with cookie cutters. "They loved opening their lunch boxes to find the fun shapes," she recalls, noting the allure of visually pleasing treats. As the first-century Roman Apicius said, "We eat first with our eyes."

According to Sarah Stegner, co-owner and chef of Prairie Grass Cafe, in Northbrook, Illinois, "Food is medicine. It is what lifts us up. When we allow ourselves to get run-down or we are tired, that is when we are the most vulnerable, and we reach for that highly processed, packaged thing. That's when we compromise, and compromise leads to long-term illness."

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Stegner compares food shopping to a trip to an art store for the artist that is about to paint a rainbow. "Center yourself," she counsels. "Don't put anything into the cart that shouldn't be eaten. The key word is choice. If people don't understand and realize what the choices they have are—for example, what herbs are and how to use them—then that is not a choice for them when they go home to cook a meal."

"It's just fun to have foods that are colorful," says Erin Hoogendyk, a cooking instructor at Grebe's Chef Center, in Wausau, Wisconsin, whose favorite flavor accents are onions, lemons and limes, as well as a panoply of herbs, including basil, rosemary, chives, parsley and mint. To add color and nutrition to everyday salads, she tosses in blueberries or dresses them with homemade vinaigrettes made with strawberries and balsamic.

Hoogendyk recommends farmers markets, individual farm stands and community-supported agriculture subscriptions to discover the freshest, in-season ingredients. When it comes to cooking and putting meals together, a sense of adventure and enjoyment is paramount, she says. Her coleslaw recipe includes red and green onions, radishes and red cabbage. "I don't like coleslaw to be boring," she quips, adding that her next project is to pickle an ingredient she has never pickled before: celery. "I can't wait to see how it turns out."

For those wanting to optimize their rainbow-based diets, "testing can help people understand how to best support their biology and determine what their bodies need," says Dr. Véronique Desaulniers, a chiropractor and author of *Heal Breast Cancer Naturally.* She recommends the DNA test kit and whole-body health report from Nutrition Genome to pinpoint which foods to enjoy or avoid, depending on genetic weaknesses. Close monitoring of blood sugar levels is also important, she notes, as daily glucose and insulin spikes "can turn on cancer-causing genes and cancer-causing pathways."

Veronica Hinke is a food historian and author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style. *Learn more at FoodStringer.com.*

CHEESY CAULIFLOWER MUSHROOM STEAKS

This dish can be served as a meal or cut into smaller pieces and presented as party appetizers. Cauliflower provides vitamins B^6, K and C, magnesium and fiber. It is also a great source of glucosinolates and isothiocyanates, two types of antioxidants that have been shown to slow the growth of cancer cells.

Button mushrooms are a source of vitamin D, selenium, phosphorus and folate. They also contain polysaccharides, indoles, polyphenols and carotenoids, which are associated with cancer-fighting properties.

YIELD: 4 SERVINGS

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4 slices of cauliflower, ¾-inch thick
1 tsp cooking spray
4 tsp olive oil
1 Tbsp dry Italian seasonings
2 cups fresh brown button mushrooms, sliced
2 fresh garlic cloves, minced
1 cup shredded mozzarella cheese
½ tsp sea salt
½ tsp freshly ground black pepper
½ tsp red pepper flakes
1 Tbsp fresh thyme for garnish

Preheat the oven to 400° F and spray two large baking sheets with cooking oil. Place the cauliflower slices onto one of the baking sheets. They need lots of space between them and shouldn't overlap.

Brush each side of the cauliflower steaks lightly with the olive oil and season with sea salt, pepper and Italian seasonings. Roast 20 to 25 minutes, flipping once, until both sides are golden brown.

In a mixing bowl, add mushrooms, minced garlic, a pinch of sea salt and pepper, then toss to coat well. Spread the mushroom mixture on the other oil-sprayed baking sheet and bake for 10 to 15 minutes in the preheated oven. As an alternative, sauté the mushroom mixture in a medium pan with 1 teaspoon of oil over medium-high heat for 5 to 6 minutes.

Once done, remove the pans from the oven. Sprinkle roasted cauliflower steaks with cheese and top the cheese with the roasted or sautéed mushrooms and garlic mixture. Return to the oven for 2 to 3 minutes until cheese is melted and bubbly.

Sprinkle with fresh thyme and enjoy.

Recipe and photo courtesy of JenniferCarden.

SUMMER BROCCOLI SOUP WITH HERB CROUTONS

This vibrant, lime green-colored soup is an excellent source of potassium, fiber, vitamins B^6 and C, iron, magnesium and calcium. It also contains several phytonutrients, including the carotenoids lutein, zeaxanthin and beta-carotene, as well as tocopherols. For the croutons, choose a healthy bread, such as sprouted whole grain, gluten-free, almond flour or flax loaves.

YIELD: 2 TO 6 SERVINGS, DEPENDING ON PORTION SIZE

FOR SOUP:
6 cups broccoli florets, chopped
2 cups vegetable or chicken stock
1 generous pinch of sea salt
1 pinch of chili pepper flakes
3 Tbsp butter

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FOR CROUTONS:
1 cup diced bread
2 Tbsp melted butter
½ tsp fresh thyme, chives or other fresh garden herbs, minced

Bring the stock to a boil. Add the sea salt and chili flakes. Add the broccoli and cook until fork tender and bright green. Transfer to a blender, add butter and blend well. Taste and adjust seasoning. Serve with aged cheddar cheese and croutons.

To make the croutons, toss the diced bread in a bowl with melted butter, salt and fresh herbs. Spread the bread in an even layer on an oven-safe pan. Bake at 350° F and toast until lightly browned, about 5 minutes.

Recipe and photo courtesy of Sarah Stegner.

MARINATED BEETS AND GOAT CHEESE CROSTINI

Deriving their deep-red color from phytonutrients called betalains, beets are rich in nitrates, which help to lower blood pressure. They also provide calcium, folate and fiber. The pistachios in this recipe contain potassium, fiber, vitamins B^6 and C, iron, magnesium and calcium.

YIELD: 6 SERVINGS

1 lb mixed-color baby beets
1 cup orange juice
1 cup apple cider
1 cup honey
1 sprig fresh thyme
1 pinch sea salt
1 pinch grain mustard
3 oz goat cheese
2 Tbsp herbs (chives, basil, mint), chopped
3 oz olive oil
3 oz chopped pistachios
1 toasted baguette, sliced

Remove the beet tops and reserve for other uses. Boil the beets in salted water until tender. Allow to cool slightly and rub the skin off the beets. Using an old dish towel will help the skin come right off.

Mix the vinegar, honey and orange juice in a bowl. Add the thyme and mustard. Add the beets, cover and allow them to marinate in the refrigerator for at least 2 hours.

Place the oil, sea salt, herbs and pistachios in a blender. Pulse until slightly pureed and chunky.

To assemble the crostini, remove the beets from the marinade and slice. Spread the goat cheese onto the toasted baguette slices and top with the beets. Drizzle the pistachio sauce on top and serve.

Recipe and photo courtesy of Sarah Stegner.

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Green Exercise

RECONNECTING WITH NATURE

by Cristina Parker

For some fitness buffs, it doesn't feel like exercise unless they're at the gym lifting weights, pedaling the stationary bike or hearing the grunts of others giving it their all. But there's an emerging trend taking hold: green exercise. Prompted by a growing focus on reconnecting with nature, combined with the well-known benefits of physical exertion, outdoor workouts in natural settings and urban parks are all the rage. From daily walks around the neighborhood to calisthenics with the aid of a tree or yoga on the beach, the possibilities are delightfully endless for all ages and fitness levels. Medical pros are prescribing it for science-based reasons.

Green exercise is not exactly a new concept. In a 2013 review of studies published in *Extreme Physiology & Medicine*, researchers concluded that physical activity in a natural setting as opposed to an indoor gym is perceived as easier and more fun, thereby boosting motivation. They wrote, "The nature element may help achieve a greater intensity of exercise without perception of effort changing." In other words, people walk faster outdoors yet paradoxically feel as though they're kicking back.

The U.S. Department of Agriculture found a positive correlation between green space and health. People that spend time in nature often experience a reduction in stress, cortisol levels, muscle tension and heart rate—all of which are risk factors for cardiovascular disease. A 2021 study published in *Frontiers in Psychology* involving obese young people confirmed that exercising in nature led to improved stress recovery, enhanced attentional restoration and a reduction in negative emotions.

Exposure to sunlight is another benefit. According to Dr. Natty Bandasak, a physical therapist and founder of The Myokinetix Clinic, in New Jersey, "Getting vitamin D from the sun is much more impactful than the vitamin D absorbed from ingestible supplements. Just 10 minutes spent outside first thing in the morning can really set the day in a good direction."

To maximize the benefits of green exercise, Rajeshwari Reddy, a physical therapist in Maryland, suggests a few precautions. "If you have any kind of vision issues, you should exercise midday when there is enough light to keep yourself safe, and if you suffer from seasonal allergies, try to avoid areas with flowering plants or trees," she explains. "Standard walking shoes are different from running shoes, and the body mechanics of different activities require different levels of shock absorption. These often-overlooked components of an outdoor exercise routine can go a long way to keep you safe, avoid unnecessary injuries and ensure you are having fun with your new program."

After choosing a suitable time and location, the next step is deciding what exercises to do. Dr. Christine Masterson, a physical therapist at Orlin & Cohen Orthopedic Group, in New York, says, "For those who desire supervision, joining a local walking or running group is an excellent option. Alternatively, for those who prefer independence, a self-paced exercise routine is recommended."

Both Masterson and Bandasak describe bodyweight-supported exercises as a perfect outdoor-friendly, equipment-free workout. Moving against gravity uses the person's weight as a natural form of resistance. As a result, no dumbbells or resistance bands are required. Pick a nice spot in the grass, on the sand or under a shaded treat and do sit-ups, heel raises, push-ups and squats.

Masterson suggests pairing calisthenics with walking. A sample routine could include a brisk walk to the park, followed by squats sitting and standing from a bench, then another brisk walk to a wooded area, followed by heel raises holding onto a tree trunk for balance. "In a bodyweight program, you can focus more on your form and movement pattern, then you can progress these exercises by increasing repetitions, rather than adding weights," she notes.

Bandasak asserts that aerobic exercises like walking, jogging or hiking can be optimized by adding a grip challenge. "One factor strongly correlated with increased longevity is grip strength," he explains. "Grip can be strengthened through your ability to hold onto objects like a pull-up bar at a playground or stable tree branch in nature. If those items are not available, just holding any heavy objects by your sides as you walk can be beneficial."

A key, take-home message when beginning any green-exercise program is to keep an open mind. There are so many activities we can enjoy outdoors. Reddy considers green exercise anything that gets the heart rate going, which can include diverse activities like golf, gardening in the backyard or swimming in a lake.

While getting the blood pumping, remember to breathe in the fresh air, listen to the songbirds and soak up the summer sunshine. Masterson is a proponent of outside yoga to refocus the mind and deeply reconnect with our surroundings.

Cristina Parker, a researcher, health content writer, educator and clinician specializing in neurologic disorders, limb-loss rehabilitation and adaptive sports techniques, holds a doctorate in physical therapy.

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Too Much Histamine

NATURAL SOLUTIONS TO AN EXCESSIVE ALLERGIC RESPONSE

by Carrie Jackson

Histamine is an organic chemical produced by the body as a protection from allergens. It is also found in some of the foods we consume. While certain levels of this compound are considered normal and healthy, an overabundance can cause troublesome symptoms—from runny noses and hives to intestinal discomfort and brain fog. Histamine intolerance, as this condition is called, is often caused by food triggers or the body's inability to break down the excess histamine. Over-the-counter antihistamines promise short-term symptom relief but may have unappealing side effects. Long-term, drug-free resolution is possible with a little sleuthing and holistic lifestyle adaptations.

A WIDE ARRAY OF SYMPTOMS. "Histamine intolerance can affect every area of the body, including the brain. The inflammation created by excess histamine often leads to brain fog and other neurological symptoms," says Michael Ruscio, a naturopathic practitioner, doctor of chiropractic, clinical researcher and author of *Healthy Gut, Healthy You*.

Symptoms of histamine intolerance often start in the intestinal tract with diarrhea and bloating and contribute to leaky gut. "If the sensitive gut lining is damaged, histamine can permeate to other areas of the body and lead to redness, swelling and itchiness, as well as respiratory issues, joint pain and anxiety. These seemingly unrelated symptoms can all have the same underlying cause, and patients, as well as many doctors, are not aware of these connections," says Arti Chandra, a Seattle-based family practice physician who is certified in functional medicine and serves as faculty at the Institute for Functional Medicine.

KNOWING THE TRIGGERS. "Mast cells, a type of white blood cell, are responsible for releasing histamine and other chemicals that cause inflammation. A histamine intolerance or exposure to high-histamine foods can lead to mast cell activation syndrome (MCAS), where they release excess amounts into the body. Typically, enzymes will break down the histamine so that it doesn't build up, but if the body doesn't have the proper level of enzymes to break it down or if too much histamine is being released, then persistent symptoms can occur," Chandra asserts.

Symptom management begins by healing the digestive system. "A healthy gut biome supports the body in producing one of the enzymes needed to break down histamine and can help lower inflammation," she explains. "Dysbiosis, which is when the gut flora is

out of balance, is often caused by the Standard American Diet, also known as SAD. Processed foods, fillers, chemicals, additives and other unnatural substances can all compromise the gut flora and gut function. Dysbiosis often leads to low levels of DAO [diamine oxidase], an enzyme in the gut that helps break down histamine. Some people can have a genetic basis for this—a mutation—that can also lead to excess histamine from impaired breakdown."

SOLUTIONS FOR HISTAMINE OVERLOAD. Per Ruscio, "A simple, balanced, whole foods diet like the Paleo diet is a great starting point to calm inflammation and heal your gut. This means aiming for a variety of vegetables, fresh fish, eggs, meat, nuts and seeds, and fruits in moderation. If symptoms continue, try a low-histamine diet."

Chandra suggests avoiding processed and fast foods, gluten, dairy, sugar and artificial sweeteners. Foods that are naturally high in histamine, including aged cheese, fermented foods, cured meat, alcohol, caffeine and tomatoes, can exacerbate symptoms. She recommends eliminating triggers for three weeks and slowly reintroducing them one at a time to see which are still problematic. "As the gut biome becomes stronger, the body may naturally be able to tolerate high histamine foods better; eating a diet rich in prebiotic foods and sometimes taking an appropriate probiotic supplement can help with this," she says.

Environmental factors can also trigger histamine reactions. "The body produces histamine to ward off substances like pollen, infections, chemicals and mold. Many people get what they think are normal allergies in the spring, with symptoms like runny noses, watery eyes and a scratchy throat. However, if these symptoms occur year-round, it could be a sign of a histamine intolerance or MCAS. Mold contains mycotoxins that are known to activate mast cells and lead to a histamine release. If someone is living in a building with mold and the exposure is continuous, it can lead to chronic inflammation and histamine issues. Proper air filters can help, but they ultimately may need to eliminate the mold or move out of the environment," says Chandra.

While over-the-counter antihistamine medications may help, they can have a sedating effect and other side effects, including cognitive issues. Natural and holistic treatments work just as well and are often better tolerated by the body, Chandra says. "Quercetin, found in apple skin and onions, can stabilize mast cells and make them less leaky, as can luteolin, both of which are available in supplement form and in Himalayan Tartary buckwheat. Vitamin C is a natural antihistamine, and omega-3 fatty acids found in fish oil or supplements have anti-inflammatory properties. Stinging nettles, another stabilizer, can be used as a tea or in supplement form. Spices such as curcumin are natural anti-inflammatories and a nourishing addition to any diet," she advises.

Stress management can help reduce histamine reactions, too. "Stress can trigger mast cells, causing a release of histamine and other inflammatory chemicals, as well as causing dysbiosis and leaky gut," Chandra says. "Breathwork and meditation, as well as restful sleep, can help reduce histamine intolerance symptoms, support the gut and contribute to an overall level of internal balance."

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings *magazine. Connect at CarrieJacksonWrites.com.*

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Gut Health for Kids

CLEVER STRATEGIES FOR PICKY EATERS

by Sheila Julson

Most kids look forward to summer vacation, but the dog days can eventually lead to boredom and over-snacking. By creatively offering children healthy, diverse foods, presented in ways to please even finicky palates, parents can support microbiome health while establishing a lifetime of good eating habits.

Tickle Their Palate

"Foods with probiotic-containing living cultures or fermented foods can add beneficial bacteria to the gut," says Jill Castle, a Massachusetts-based pediatric dietitian and founding CEO of The Nourished Child, an online nutrition resource for parents. She recommends incorporating treats that are alive, tart and bubbling with healthful microbes.

"Parents can make sure they offer a variety of prebiotic and probiotic foods routinely at mealtimes as options to taste and try. The good news is there are many healthy, gut-supporting foods for children to eat," she advises.

Yogurt with live or active cultures and kefir, a fermented milk drink, both contain these beneficial probiotics. "Although kefir tends to be sour, some brands have flavored kefir, such as strawberry, mango or peach," Castle explains. "I've had great luck introducing this to children who are picky, because it's smooth and creamy and tastes like a smoothie."

She also notes that kombucha, a fizzy, fermented tea with live and active cultures, is available in fruity flavors that appeal to children. Pickles fermented over time with salt and water are a source of healthy bacteria for the gut. And although cheeses are fermented, only a few have live, active cultures. Castle recommends gouda, mozzarella or cheddar.

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Sneak in the Fiber

According to Dr. Joanne Aponte, a naturopathic doctor at Lakeside Natural Medicine, in Milwaukee, a diverse diet high in fiber is key to supporting a healthy gut microbiome. "All veggies are beneficial, but ones high in galacto-oligosaccharide (GOS) and fructo-oligosaccharide (FOS) prebiotics help grow and support healthy gut bacteria," she explains. GOS-rich foods include beans, lentils and peas, along with broccoli, cauliflower and Brussels sprouts, while FOS-predominant choices are garlic, onions, asparagus, artichokes and leeks.

Aponte also recommends chia, flax, pumpkin and sunflower seeds, which can be ground up in an inexpensive coffee grinder and added to smoothies, oatmeal, yogurt or home-baked goods such as cookies, pancakes or waffles. "Sunflower butter can be used to make cookies," Aponte notes. "I make oatmeal-sunflower butter cookies that are packed with microbiome-supporting oatmeal, pumpkin, ground chia seeds and, of course, chocolate chips."

For children that are choosy about vegetables, Aponte suggests making zucchini or carrot muffins with ground chia seeds or walnuts. Entice children to eat raw veggies by offering dipping sauces, such as teriyaki, ranch dressing or salsa. Aponte notes that skins should be left on vegetables whenever possible because they contain fiber, which helps feed the gut microbiome.

"It takes some experimentation, but encourage your child to try lots of different foods," Aponte says. "Some kids might prefer a black bean spread or dip, or refried beans, versus eating whole beans. There are also pastas made with chickpeas or lentils. Veggies like onion or zucchini can be chopped small and hidden in spaghetti sauce."

Add a Pinch of Fun

Katrina Lien, the program development specialist for Sanford *fit,* a children's fitness program in rural South Dakota, North Dakota and Minnesota, suggests that parents find ways to engage and empower kids to make healthy lifestyle choices.

"Try offering new foods with foods that you know your kids already like," she says. "When you introduce something new or unfamiliar alongside foods that are a well-known favorite, kids are more open to trying the unfamiliar food."

Attempt to make foods more interesting and fun, Lien advises. "This can be done by how you arrange the food items on the plate or cutting foods into different shapes. For example, use a cookie cutter to turn simple cucumber slices into a heart or a star."

According to Lien, when parents involve their children in snack and meal preparation, kids feel included and excited to try the foods they helped create. Although getting kids interested in unfamiliar foods can be laborious and time-consuming, parents should remind themselves to be patient and remain consistent.

Sanford fit *offers free, online resources through printable literature, videos, lessons and games at fit.SanfordHealth.org.*

Sheila Julson is a freelance writer and contributor to Natural Awakenings *magazine.*

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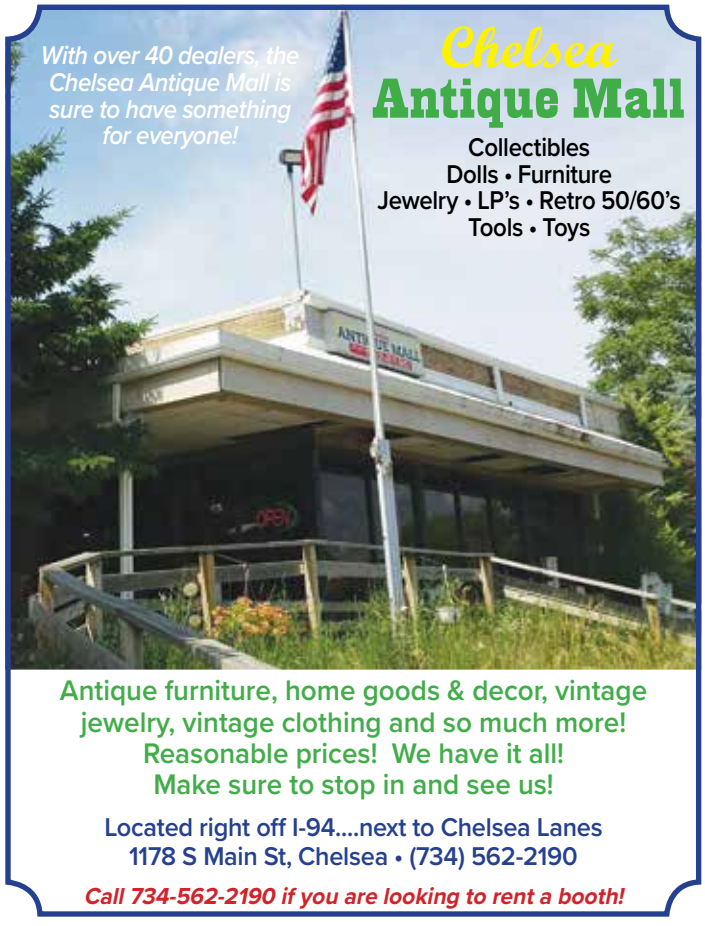
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Protecting Pets From Lyme Disease

PREVENTION AND SYMPTOM MANAGEMENT TIPS

by Paige Cerulli

When the weather is nice and we crave outdoor adventures with our pets, we may not want to think about Lyme disease, but it's a good idea to take precautions to avoid an infection. One bite from an infected tick could lead to troubling health concerns. Despite the risks, there is no reason to hide indoors, as there are numerous actions we can take to protect our animal companions from infection and to relieve their symptoms should they contract the ailment.

Disease Prevalence in the U.S.

According to Johns Hopkins Medicine, Lyme disease is spread by bites from blacklegged deer ticks or western blacklegged ticks that carry the disease-causing bacterium *Borrelia burgdorferi*. While cases have been reported in nearly every U.S. state, Lyme disease is most common in the Northeast, Upper Midwest and Northwest.

A 2018 study published in *Environmetrics* found that the prevalence of Lyme disease in dogs is getting worse in the Northeast and spreading into regions that weren't previously considered to be high risk, including areas in North Dakota, Iowa, Illinois, Ohio, Michigan and Tennessee.

Symptoms in Cats, Dogs and Horses

Lyme disease affects animals differently. Veterinarian Erin O'Leary, founder of

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Heal House Call Veterinarian, explains that cats with Lyme disease are asymptomatic. "We don't see any symptoms in cats, so we don't tend to test or treat for Lyme in cats," she explains.

Canine Lyme disease is a different story. Per O'Leary, dogs often exhibit lameness that may shift among the legs. Fever and swelling in the joints are common. Dogs can also experience a serious kidney complication called Lyme nephritis that causes them to feel very sick, drink lots of water and urinate more. Two studies performed by IDEXX, a developer of diagnostic and software products for animals, revealed that dogs exposed to tick-borne diseases, including Lyme disease, had a 43 percent increased risk of developing chronic kidney disease.

According to the Cornell University College of Veterinary Medicine, horses with Lyme disease may experience weight loss, lameness that shifts among the legs, muscle tenderness, low-grade fever and swollen joints.

Preventing Tick Bites

Nicole Savageau, a veterinarian with The Vets, notes that pet owners can naturally reduce their pet's risk of being bitten by a tick by keeping their yards in check. "Ticks prefer to live in areas with tall grass, weeds and leaf litter," she says. "Keeping your yard tidy by mowing your lawn and removing any dead leaves or debris can help reduce the number of ticks in your yard."

Pet owners may also use food-grade diatomaceous earth, a non-toxic powder, to help kill ticks in areas where pets like to spend time.

Pet owners may also use food-grade diatomaceous earth, a non-toxic powder, to help kill ticks in areas where pets like to spend time. Several natural fly sprays, many of which help to repel ticks, are also available for horses.

Removing a Tick

It's important to carefully inspect pets for tick bites after spending time outdoors. "If you can remove the tick within 24 to 48 hours of the bite, it won't transmit Lyme disease," O'Leary maintains. She recommends tools like the Tick Twister or a pair of tweezers to safely coax a tick from their pet. "If you can get down to where the head is inserted and squeeze that with tweezers, that's the easiest thing to do," she says.

Savageau suggests keeping pet hair trimmed short, which can make it easier to spot and remove ticks, and cleaning the bite site with soap and water or an antiseptic solution to prevent infection. It's important to watch for signs of inflammation or infection, like redness, swelling or discharge. "If any of these symptoms appear, or if the pet develops a fever or lethargy, the owner should contact their veterinarian for advice," she says.

Caring for an Infected Pet

According to O'Leary, the antibiotic doxycycline is the best available treatment for Lyme disease, and giving the pet a bit of turmeric to eat can relieve inflammation, though it is best to consult with a veterinarian regarding the most appropriate treatment options and dosages. To reduce a fever, soaking a towel in cool water and applying it around a pet's paws and ears will help.

Savageau highlights the importance of feeding pets a balanced and nutritious diet that supports the immune system, as well as supplements and other natural remedies. "This may include adding probiotics and omega-3 fatty acids to their food to support gut health and reduce inflammation. Herbs like echinacea may help stimulate the immune system and support the body's ability to fight infections," she says, adding, "Always consult with a veterinarian before starting any natural or alternative treatment for pets, as some may be harmful or interfere with prescribed medications."

Paige Cerulli is a freelance writer in Western Massachusetts specializing in the health and care of pets.

The Sweet Tapestry of Summer

by Marlaina Donato

July is a heady mix of peak temperatures, sustenance from the soil and inspired invitations to make lasting memories. For gardeners, it is a lilting time of fruition in between rounds of hard work when one's efforts can be harvested, eaten and appreciated. Summer's apex brings wildflower tapestries woven with cricket-song and evenings punctuated by rolling thunderstorms, but it also can be a time for us to take a deep dive into the miracle of interconnectedness.

Visiting the local farmers market is an opportunity to be mindful of all that goes into our shopping bags and bellies: rain, sunlight, nitrogen-rich snowmelt and the vital fertility of topsoil. We can see everyday people in a different light, especially Earth-conscious farmers who choose to be birthing partners of the land.

Taking a walk outside can remind us that no life would be possible without the near-magical, unseen mycelium network beneath our footsteps. Summer's delicate balance of elements ensures abundance, and we have a sacred opportunity to be part of that equilibrium. Each of us is a link in the chain of humans co-creating within the symbiosis of all other living things. Will we take away from this balance or add to it?

Adding to it does not require hours of time or money, but the motivation to make simple decisions for the greater good, such as leaving part of the lawn to grow for the winged ones or choosing an eco-friendly refillable water bottle over single-use plastic. Showing a child how to keep a nature journal can foster lifelong connections with the Earth.

We do our part when we joyfully become part of the landscape—witnessing, observing and allowing nature to go about her business. Making time for languid appreciation contributes to self-nourishment, something that is also vital to the whole. How many avian voices can you hear at sunset? How many colors can you find in a changing mural of clouds? The season of plenty offers a harvest of beauty.

Marlaina Donato is an author, visionary painter and composer. Connect at WildflowerLady.com.

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calendar of events

WEDNESDAY, JULY 5

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. $3, $2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, JULY 6

Feminine Presence: Christ Vision – July 6-9. All genders welcome. Sound Bowl Healing, Horse Presence Process, Kwan Yin Magdalene, Ceremony, Intuitive healing from WhiteCrow, animal communication and learning to work with plant allies. $515 for pre-session, retreat, food, and lodging. Woods and barn camping available. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

SATURDAY, JULY 8

Veg Michigan Volunteer Meetup – 9am. Potential tasks include weeding, harvesting produce and possibly moving mulch or dirt to fill raised beds. The Farm at Trinity Health, 5557 McAuley Dr, Ypsilanti. RSVP required: VegMichigan.org.

The RFD Boys – 8pm. Legends of Michigan bluegrass. $16, $15/members, students, seniors. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

TUESDAY, JULY 11

Ann Arbor Backyard Beekeepers Meeting – 6:30-9pm. Speaker: Andy Hemken on Learning from Mistakes. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, JULY 12

Guided Nature Walk: Winged Beauties – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

THURSDAY, JULY 13

Walks in the Woods – With Rhizome Roots Studio. Explore the wonderful world of the woods and wetlands. Hikes range from 1-2 hrs in length, and typically cover 2-5 miles, depending on terrain and travel speed. Free; donate at Venmo @Rhizome RootsStudio. For details and more info: Rhizome rootsstudio@gmail.com or Facebook.com/Rhizomerootsstudio.

FRIDAY, JULY 14

Sound Bath Meditation – 7-8:30pm. 7-8:15pm. Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. $40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or Facebook.com/events/1196875404297715.

New Moon Night Hike – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit some nocturnal animals to learn about how they survive. $5/person; free/children 0-23 mos. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Pre-registration required: DiscoverScienceAndNature.org.

SATURDAY, JULY 15

Sound Healing Certification – July 15-16, Level 1; July 17-18, Level 2. Interactive training to share the theory, science and practices of sound healing and give hands-on experience. No experience is needed except completing the Introduction to Sound Healing online. 7 Notes Natural Health, 3830 Packard St, Ste 120, Ann Arbor. Brian Sullivan: 954-641-8315, Brian@MeditateYou.me. MeditateYou.me. 7NotesNaturalHealth.com.

Meet a Doula Tea – 9-11am. Come get all your questions, meet some doulas and get even more tips and tricks. Atria Conference Room, 2008 Hogback Rd, Ann Arbor. 734-277-3210.

Healing through Connecting Constellations – 1-6pm. Supports creating a healthy future by participating as a representative, client/seeker, and/or witness in a very healing and sacred space. $165/14 days advance, $185 after. Evans Creek Lodge, 24330 Lahser Rd, Southfield.Constellation HealingArts.com.

THURSDAY, JULY 20

2023 Ann Arbor Art Fair – July 20-22. Largest juried art fair in the nation can feature up to 1,000 artists. There will be music, delicious food and something for everyone to enjoy. ArtFair.org or StateStreetDistrict.org/fair.

Summer Sounds at the Ann Arbor Summer Art Fair – July 20-22. Free live music each evening of the art fairs to the Stage on Main at the corner of Main and William in the Palio lot. TheArk.org.

FRIDAY, JULY 21

A Taste of Treetown: Ann Arbor's Epicurean All-Stars – 5:30-6:30pm. Featuring some of the best, traditionally made and fullest-flavored foods that helped put Ann Arbor on the map of global culinary shrines. $35. Zingerman's Delicatessen, 422 Detroit St, Ann Arbor. 734-663-3354. ZingermansDeli.com.

SATURDAY, JULY 22

Stewardship Workday: Ruthven Nature Area – 9am-12pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the park entrance off Huron Pkwy, Ann Arbor. Pre-registration required: nap.a2gov.org/Ruthven072223.

TUESDAY, JULY 25

Artist Spotlight: Pat Byrne – 8pm. Irish Americana. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, JULY 26

Guided Nature Walk: Native Plant Communities – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

THURSDAY, JULY 27

Learn About Community Resilience – 9-11am. The city of Ann Arbor Office of Emergency Management and The Office of Sustainability and Innovation will present a discussion focused on building a more resilient Ann Arbor and collaboratively form a vision of what a resilience network could look like. Free. Cobblestone Farm, 2781 Packard St, Ann Arbor. Reservation required: Tinyurl.com/CommunityResilienceNetwork.

Mindfulness Hike – 6:30-8pm. Join naturalist Elle Bogle and mindfulness instructor Julie Woodward for an evening meditative hike to connect with the natural world. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Pre-registration required: Washtenaw.org.

FRIDAY, JULY 28

Chelsea Sounds & Sights Festival – July 28-39. Features live music in the social tent, kids' entertainment and activities, a classic car show, art market, chalk art exhibition, chalk art competition, farmers market and food court. Downtown Chelsea. ChelseaMich.com.

Fireside Fun – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SUNDAY, JULY 30

Stewardship Workday: Furstenberg Nature Area – 9am-12pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the parking lot off Fuller Rd, Ann Arbor. Pre-registration required: nap.a2gov.org/Furstenberg073023.

Things With Wings – 1-4pm. Free, youth-centered celebration of native birds and pollinators and the ecosystems they support. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. Details: mbgna.umich.edu.

Monthly Group Sound Bath – 4-5:30pm. Also Aug 27. Rev Amy Feger, Shaman and Reiki Master, applies her unique techniques in sound healing to the group experience. $15 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-210-1312. SacredWhisperTeachings@gmail.com. EnlightenedSoulCenter.com.

PLAN AHEAD

SATURDAY, AUGUST 26

Healing through Connecting Constellations – 1-6pm. We are in relationship/connected with everyone and everything. Sometimes our experiences in life have us feeling disconnected from ourselves and others. Healing through Connecting Constellations

calendar of events

supports you in reconnecting. $165/14 days advance, $185/ after. Evans Creek Lodge, 24330 Lahser Rd, Southfield. 248-345-3557. ConstellationHealingArts.com. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. To register: 517-333-7270. More info: 800-471-0255.

MARK YOUR CALENDAR

TUESDAY, SEPTEMBER 12

Dr. Chi Fingernail and Tongue Analysis Clinics and Seminar – 6-8pm, seminar. Clinics: Sept 11-13, 9am-5pm; Sept 14, 9-11am. Free seminar; $40/clinic. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. To register: 517-333-7270. More info: 800-471-0255.

ongoing events

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Sacred Immersion Training Fall 2023 – Apply July 1-21. A one-of-a-kind experience for healing practitioners ready to hold sacred space for deep healing with plant-spirit medicine. Virtual: Oct 4-6; In-person: Oct 18-22. More info: ConstellationHealingArts.com.

Summer Package Special: Unlimited Yoga and Pole Training – Thru Aug 27. All welcome. Teach love for self and other and bring a playful awareness to clients. $475. aUM Yoga, 1220 S University, Ste 210, Ann Arbor. 734-707-7419. AumYogaAnnArbor.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Artisan Market – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. SundayArtisanMarket.org.

Drop-In Tarot Study Group – 6:30-8pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. $10 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. NicksVictoryGardens@gmail.com. EnlightenedSoulCenter.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Yoga in the Park – Thru Sept 4. 5:45pm. Mota Thai Yoga will conduct vinyasa yoga. First class free, then $20. West Park, 215 Chapin St. Inclement weather: Mota Thai Yoga, 416 W Huron St, Ste 22, Ann Arbor. Register: Tinyurl.com/WestParkYoga. MotaThaiYoga.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing,

meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Sounds & Sights on Thursday Nights – Thru July 27. 6:30-8:30pm. Musical acts from across the spectrum (folk, bluegrass, Celtic, jazz, classical, country, Latin and everything in between) perform at separate stages. Free. Downtown Chelsea. 734-474-9178. ChelseaFestivals.com.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

saturdays

Downtown Plymouth Farmers Market – Thru Oct 21. 8am-12:30pm. No market July 8 and Sept 9. 736 Penniman, Forest St, Plymouth. 734-223-7956. Tinyurl.com/2sy94m6m.

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Yoga with Reflexology for Insomnia/Restful Sleep Workshop – Thru Sept 16. 1-2:30pm. 4th Sat. Experience the profoundly synergistic healing benefits of pairing Yoga with Reflexology. Will rotate between modalities with a focus on common issues such as stress/anxiety relief, insomnia and more. $40. Crysterra Wellness, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. $5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

classifieds

HELP WANTED

NATURAL BALANCE WELLNESS / HYPERBARICS MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit-sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBoggess@NBWellness.com.

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

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dranna.com/naturalawakenings
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734-239-3344

Nutri-Metics is the 2-minute, self-facial. The products nourish your skin with vitamins and minerals always leaving your skin glowing clean. $75 per facial; $320 per 6 product set; $50 per facial with every 1-hour massage. Same day, last minute okay.

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740 W. Industrial Drive, Chelsea
734-897-0550
GreatLakesAppliedPower.com

We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

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Margo Hertzfeld, Certified Aromatherapist
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RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

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Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

CATERING/FOOD

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121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 21.*

COACHING & COUNSELING

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419-540-8365
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It's time to begin the journey to your health goals! I provide personalized coaching to help you live a balanced, healthy life, using a gentler, science-based approach to getting you feeling healthy and energized. Contact me today for a free consultation!

DETOX/COLONIC

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Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

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734-223-7956

If you believe that food/nutrition is the number one best way to better health, and you really like NOT cooking, give me a call. You won't regret it. Best Food Ever.

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DENTAL GROUP
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1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 20.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS
Michaelene Ruhl, PsyD,
28592 Orchard Lake Rd., Farmington Hills
248-345-3557
ConstellationHealingArts.com

We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 24.*

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

HEALTH FOOD STORES

THE BETTER HEALTH STORES
Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com

Vitamins, supplements, organic and natural foods. For more information: *See ad page 23.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 8 and 12.*

HOLISTIC MENTAL WELLNESS

HARMONY COUNSELING CENTER, PLLC
Christina Herbin, MA, LPC, NCC
Owner/Mental Health Therapist
321 S. Main Street, Ste. 215, Ann Arbor
CHerbin@Harmony2c.com
734-644-6943
Harmony2c.com

Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your inner self and nature will support your journey in living a happy, healthy and harmonious life.

HOMEOPATHIC PHARMACY

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 25.*

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DR. KELLY TATARELLI-MULLINS, LMSW, PSYD, LLP
KellyTat@umich.edu
810-522-7419

Dr. Kelly is a highly sought out game changer who recently opened her enrollment for new clients. She specializes in helping women step into their power by replacing low self-worth with self-empowerment.

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LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

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734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping.

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ANN ARBOR SMILES DENTAL GROUP
Dr. Heather Hoffman
2900 Golfside Rd Suite 5, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 20.*

RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

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OperationAbleNancyW@gmail.com
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AbsoluteChoicesTherapy.com

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SCHOOL / EDUCATION

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NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net

Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr.

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BARBRA WHITECROW M.A, DI,HOM
734-796-6690
MotherBearSanctuary.com

Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 30.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 29.*

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ChelseaPlank.com

Natural. Beautiful. Versatile. Longevity. Green. In simplest terms, a solid plank of hardwood flooring is a piece of a tree. It is neither laminated, extruded, mixed nor reconstructed from industrial regurgitation. It's the real deal, that which other flooring products strive to resemble and are measured against. *See ad page 4.*

TAI CHI AND QIGONG

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734-741-0695
PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

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Cereset.com

cereset
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Thrive-Wellness-Center.com

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Wellness Center

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SherAnnWells@icloud.com

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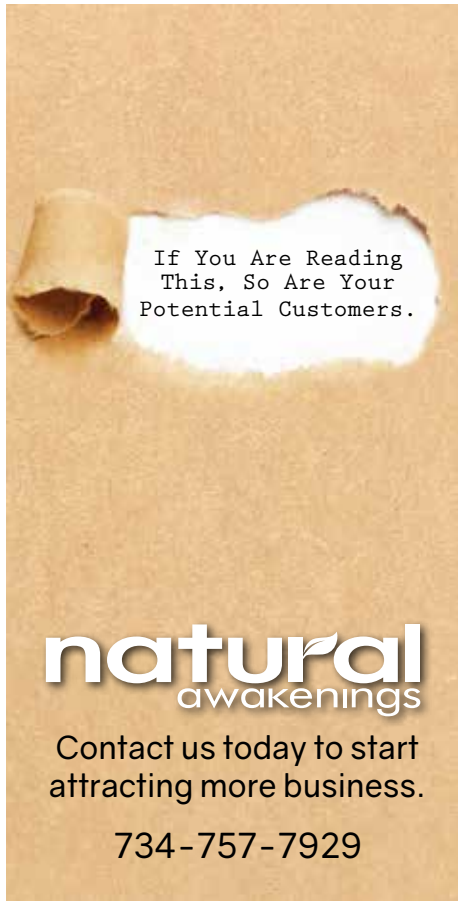

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